



HANDOUT 1: SESSION 06

Seeing thoughts as passing mental events

Mindfulness meditation practices encourage us to notice and pay attention to our wandering minds. Mindfulness meditation is based on learning to attend to the present moment and return our focus to our body sensations and the breath. Similarly, we can learn to intentionally bring awareness to our thoughts as they come and go. Thoughts are not facts. They can be seen as passing mental events. They can come in the form of images or words that we may or may not choose to believe, similar to the scenes on a movie screen. Notice how our thoughts tend to be repetitive and go around in circles.

In this session, we learned how thoughts are involved in the gambling relapse process.

Gambling related thoughts can include:

I am feeling lucky.

I can win.

This is my lucky day.

I am due for a win.

I will go and stay only one hour and spend just \$50.

→ HOME PRACTICE

1 Choose one and practice as often as you can: mindful eating, body scan, sitting meditation, mindful walking, mindful stretching or yoga.

2 Continue to practice the 3-step breathing space regularly.
